

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 WISH rethinking pain 2:00-3:00	2 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	3 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	4 Acupuncture Group 1-3 PM (at Flanders location)
5 Cinco de Mayo	6 Ramadan begins Orientation 3:30-4:30 PM Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	7 Acupuncture Group 9-11:30 AM Nutrition Group 12:30-1:30 PM Meditation 2:30-3 PM	8 WISH rethinking pain 2:00-3:00	9 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	10 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	11 Acupuncture Group 1-3 PM (at Flanders location)
12 Mother's Day	13 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	14 Acupuncture Group 9-11:30 AM Nutrition Group 12:30-1:30 PM Meditation 2:30-3 PM	15 WISH rethinking pain 2:00-3:00	16 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	17 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	18 Armed Forces Day Acupuncture Group 1-3 PM (at Flanders location)
19	20 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	21 Acupuncture Group 9-11:30 AM Nutrition Group 12:30-1:30 PM Meditation 2:30-3 PM	22 WISH rethinking pain 2:00-3:00	23 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Orientation 3:30-4:30 PM Nutrition Night 6:30: PM	24 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	25 Acupuncture Group 1-3 PM (at Flanders location)
26	27 Memorial Day Quest Closed	28 Acupuncture Group 9-11:30 AM Nutrition Group 12:30-1:30 PM Meditation 2:30-3 PM	29 WISH rethinking pain 2:00-3:00	30 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	31 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	1
2	3	April 2019 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		June 2019 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		Quest Center For Integrative Health 2901 E. Burnside Street Portland, OR 97214 2019 Templates 2020 Templates